

Dress Right, Dress

AFI 36-2903, Table 2.2

White socks may be worn with boots. During exercises and contingencies, wear black socks, or black socks over the white socks, to preclude white socks from showing, excluding those working in food service. (Courtesy of the Spangdahlem AB First Sergeants Council)



News Briefs

CV's final flight

52nd Fighter Wing members are invited to attend a final flight for Col. Thomas Groznik, 52nd FW vice commander, today at Hangar 1, ramp 1 at 2:30 p.m. For more information, call Capt. Kevin Boblet at 452-7267.

Medical group closure

The 52nd Medical Group will be closed for training Feb. 3 from 7:30 a.m. to 4:30 p.m. People in need of urgent care should go to the Bitburg Annex hospital emergency room. For more information, call 452-8333.

Estate claim

People with claims against the estate of Chief Master Sgt. Mark S. Cei, air transportation manager at Joint Force Command, Brunssum, Netherlands, can call Capt. S. Brent Gibson, summary courts officer, at DSN 364-2562 or e-mail gibsonsco1@yahoo.com.

W-2s now available

Wing members can now access their electronic 2004 W-2 forms at the myPay secure Web site, by visiting <https://mypay.dfas.mil/mypay.aspx>. If the information on the W-2 is incorrect, call the finance office at 452-6730 for help.

Massachusetts ANG

Members separating from the Air Force can consider relocating to Massachusetts with the Massachusetts Air National Guard. For more information, visit www.goang.com or call Master Sgt. Deborah Shilaikis at DSN 698-1567.

Annual awards banquet

The Top 3 celebrate the wing's best at 6 p.m. Feb. 26 at the New Club Eifel. Gen. Robert H. "Doc" Foglesong, USAFE commander, is the guest speaker. Tickets are available through the first sergeants Monday through Feb. 17. Prices are \$25 for E-5 and up and \$20 for E-4 and below. Club members receive a \$1 discount.

Fasching follies!

It's time to send in the clowns and get dressed up for the biggest bash in Germany.

Read "Germany's silly season blooms in February as Fasching begins," on Page 7



Eifel Times

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Spangdahlem Air Base, Germany

Jan. 21, 2005



Senior Airman Amaani Lyle

Engines that could

Senior Airman Anwond Boykin, 52nd Component Maintenance Squadron jet engine propulsion mechanic, blends a fan blade on an F-16 aircraft jet engine Jan. 14. The efforts of Airman Boykin and others like him enable the wing to support worldwide contingency missions.

USAFE takes Combat Wingman to the next step



By Capt. Lisa Neidinger

USAFE News Service

RAMSTEIN AIR BASE, Germany (USAFENS) -- USAFE's top leaders say the newest Command and Special Interest Program, Combat Wingman, launched successfully and is gaining altitude and airspeed throughout the command.

General Robert H. "Doc" Foglesong, commander, United States Air Forces in Europe, and Chief Gary Coleman, USAFE Command Chief Master Sergeant, agree that while the program is off to a good start, future efforts will continue to revolutionize the program.

"Our Air Force family has many members," said Gen. Foglesong. "Combat Wingman is our way to ensure we all are looking out for each other, from the lowest ranking Airman all the way to the top. We all need someone looking out for us."

Airmen, civilian workers and family members throughout Europe have committed to each other, and many are now carrying the Combat Wingman card.

"We built a Wingman card that's being used throughout the command," said Capt. Rita Perez from USAFE Commander's Action Group, who helped launch Combat Wingman. "We estimate over 21,000 members have formally become part of the Combat Wingman team by filling out a card."

Chief Coleman credits the Wingman stand-down day Nov. 8 with really bringing the Wingman program into focus.

"The chance to take a day to step back and listen to one another, value interpersonal relationships, and identify members of the larger team by name -- that was big. I think it really helped us come together even more as a force," Chief Coleman said.

Future events will reinforce Combat Wingman.

"The wings are all actively looking for ways to make the program more user-friendly so it's not a mechanical or must-do kind of thing," Chief Coleman added.

See **WINGMAN**, Page 2



Air Forces Europe 2020: Defining the future

By Maj. Carrie Omdal
USAFE Office of Transformation

RAMSTEIN AIR BASE, Germany (USAFENS) — To guide U.S. Air Forces in Europe in preparing for the future, Gen. Robert H. "Doc" Foglesong, USAFE commander, created Air Forces Europe 2020.

"Our world is changing," the general said. "As a command, we're transforming to meet future challenges and increase our warfighting effectiveness. Air Forces Europe 2020 provides the framework."

The fundamental principles of Air Forces Europe 2020 include: transforming doctrine, organization structure, basing and weapons systems to support U.S. and NATO strate-

gic priorities; strengthening current, and forging new, alliances; maintaining air leadership in Europe and Africa; and sustaining agile and lethal expeditionary forces ready to respond decisively and defeat those that threaten peace and freedom.

"Every aspect of our transformation complements the initiatives by the Department of Defense, NATO, and the

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European Command," said Brig. Gen. Rusty Findley, USAFE Plans and Programs director. "Our basing strategy, organization changes, theater security cooperation program and readiness initiatives are ensuring we can meet evolving threats and enhancing our international partnerships."

To facilitate this successful transformation, the USAFE Office of Transformation is distributing the Air Forces Europe 2020 DVD, brochure, and tri-fold to the wings and geographically separated units.

"Every Airman contributes to the success of our transformation," said Col. Mark Hinchman, Chief of the USAFE

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Wingman

Continued from Page 1

"Wingman Wednesdays" are now occurring at base facilities throughout USAFE. These involve special discounts on fun activities and non-alcoholic beverages during set periods for those possessing Wingman cards and accompanied by their Wingmen.

"This incentive program began at RAF Mildenhall but is quickly being adopted by other bases," Capt. Perez said.

Increased participation in Combat Wingman will occur naturally as new folks join the USAFE Team.

"We need to continue to educate those members who are in-processing our bases about the program and its benefits," Chief Coleman said. "The next step is to make sure we have a system in place that maintains Combat Wingman's current momentum especially as we approach our high personnel turnover season."

General Foglesong agreed, adding "As we bring in new people, we're also looking for new ideas for the program that we can share with other bases and ultimately export to other commands. 'Checking six' and caring for our teammates truly is a never-ending process."

Wet roads, speeding cause major accidents for Sabers

By David A. Barker

52nd Security Forces Squadron

Team Eifel members were involved in 23 total accidents last week; eight were classified as major.

The first major crash occurred at the Frankfurt International Airport. Speeding on wet roads caused the collision.

The second crash occurred on B-50 near Albachmuhle. A speeding vehicle collided with rocks and struck another car. Local Polizei have assumed the investigation.

The wing's third major crash was at the Bitburg Annex main gate. A local

national drove inattentively while attempting to maneuver at the gate. The driver hit the gate's barricade and local Polizei have begun investigation.

The fourth major collision was on B-50 and occurred due to speeding.

Speeding caused Team Eifel's fifth major crash which occurred on B-50 next to the Krakenhaus exit.

The sixth major crash, a result of speeding, occurred next to the Oberweis compound.

Team Eifel's seventh major crash was a result of speeding on the A-1 between

Klausen and Salmthal.

The last major crash was a hit and run adjacent to building 21.

Team Eifel members were also involved in 15 minor accidents: five from speeding, one from a parking lot accident, four from improper backing, four from inattentive driving, and one from others at fault.

Driving tips

Winter in the Eifel creates slick and icy roads. Listen to road conditions on American Forces Network news or by calling the law enforcement desk road conditions number at 452-2677 or 065656-12677.

Exercise! Spang preps for summer's ORI; intensive training underway now

By Senior Airman Amaani Lyle

52nd Fighter Wing Public Affairs Office

52nd Fighter Wing Sabers are already laying the groundwork to prime for an evaluation to be conducted here, tentatively slated for this summer, by U.S. Air Forces in Europe.

Preparations for the 2005 Operational Readiness Inspection begin Feb. 7-11, followed by an additional preparation period March 28-31.

"This inspection is incredibly important for the wing in that it measures our ability to respond to short-notice mission taskings from

higher headquarters," said Col. Dave Goldfein, 52nd FW commander. "Our success shows not only USAFE, but the world that we're ready to take the fight wherever our leaders desire."

The colonel explained that the ORI focuses on the primary functions of a unit's initial response to operational mission taskings.

Master Sgt. Eddie Fowl, 52nd FW Inspections NCOIC, said the three- to four-day inspection reviews a wing's ability to generate, mobilize, deploy and regenerate its units for mission employment.

Inspectors will use a five-tier rating system for major graded areas and overall wing performance.

The ratings, "Outstanding," "Excellent," "Satisfactory," "Marginal" and "Unsatisfactory," are what evaluators will use for each graded area, and each graded area has different standards applied to it in order to arrive at a rating, Sergeant Fowl said.

Lt. Col. George Day, 52nd FW Plans, Programs and Inspections chief, said "readiness" is the main ingredient to success in the ORI.

"When we are not in the fight, our job is to train," Colonel Day said. "While it is each member's job to be ready to deploy, supervisors and leaders need to ensure we have the right resources in the right numbers to support any tasking that arises."

The wing commander said he will press to ensure Spangdahlem AB meets and exceeds the expectations of USAFE evaluators.

"We want to make it known that our people, our weapons systems and all the support equipment are consistently deployment ready," he said.

702 MUNSS cooks up USAFE food service excellence award; Eagle's Nest nets highest honor

By Senior Airman Amaani Lyle

52nd Fighter Wing Public Affairs Office

While most nine-to-five people are just coming out of REM sleep at 5:30 a.m., the early shift team at the 702nd Munitions Support Squadron, Buechel Air Base, Belgium, dining facility has already begun daily preparations for breakfast and lunch for more than 120 customers.

Later shifts keep up the pace, just one element of the facility's overall high caliber, which gained the Eagle's Nest dining team the coveted Food Service Excellence Small Site Award for the third straight year, the highest honor given for this category.

Tech. Sgt. Erick Lundberg, 702nd MUNSS dining facility manager, said the announcement was made in December, and a representative from USAFE Services headquarters at Sembach came to Buechel AB to present the award. Sergeant Lundberg also noted the winning team receives \$10,000 for quality of life improvements.

"This is a joyful and proud time for us," Sergeant Lundberg said. "We've won four out of the last five years and it shows that different personality types can come together to create an outstanding end product. We get the job done in an outstanding manner, all the time, every time."

Being consistently on top of their game is no small feat for the Eagle's Nest team, since being located at a geographically separated unit significantly limits customers' dining options, said Staff Sgt. DeAngelis Bright, 702nd MUNSS dining facility shift worker and custodial agent augmentee.

"In order to keep our customers satisfied, we have to really go above and beyond to cater to their needs as best we can," Sergeant Bright said. "We consistently provide patrons with fresh new ideas and new improvement plans, all the while encouraging their involvement."

Winning the award seems to be the result, not the reason that the Eagle's Nest team works so hard day in and day out.

"We have open communication with our patrons -- we also have the ability to apply the Air Force's core values and integrate them into the way that we, as service professionals, conduct business on a daily basis," Sergeant Bright said.

Sergeant Bright will join his team member, Staff Sgt. Juan Pagan, to accept the official award in Chicago, Ill. at the end of May.

"We provide optimum service to the people stationed at Buechel (Air Base), who deserve nothing less."



Staff Sgt. John Barton

Walk to remember

Rev. Kevin Willis, Riverside Missionary Baptist Church pastor, walks alongside Col. Dave Goldfein, 52nd Fighter Wing commander, at the wing's "Rev. Dr. Martin Luther King Jr. March" Jan 13. The reverend and commander joined dozens of other wing members to commemorate Dr. King, who fought for human rights and equality before being assassinated April 4, 1968.

USAFE 2020

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Office of Transformation. "As a command, we're integrating these principles into our operational concepts, organizations, programs and processes to prepare us for the future. Supporting a synchronized strategy with EUCOM and the other components leverages our individual strengths and closes operational seams."

It also helps us maintain our fighting edge,

said General Foglesong.

"Air Forces Europe 2020 keeps us postured and ready to support our nation and sustain the United States Air Force as the most respected air and space force in the world," he said.

For more information about Air Forces Europe 2020, visit <https://wwwmil.usafe.af.mil/direct/cvt/home.htm>.

Top Saber Performer



Senior Airman Amaani Lyle

Name: Airman 1st Class Eric Young
Unit: 52nd Maintenance Operations Squadron Engine Management Section
Duty Title: Engine Scheduler
Hometown: Natchez, Mississippi
Years in service: Two

An engine scheduler in the engine management section, Airman Young is responsible for tracking inspection on 115 engines for A-10 and F-16 aircraft. He interacts with propulsion technicians coordinating intricate maintenance details. His constant vigilance on an engine's scheduled maintenance and time change replacements keep the 52nd Fighter Wing's aircraft mission ready.

Off-duty volunteerism and professional development pursuits: Airman Young volunteered his off-duty time to various noteworthy organizations such as the American Red Cross fundraising drive and squadron booster club events.

What do you for fun? I love travelling, and I have visited many tourist attractions here in Germany and nearby countries such as France and Spain. I also enjoy the company of my friends and listening to music.

What do you like most about being stationed here? I love the opportunity to travel and experience the European culture -- it's what makes my tour here in Spangdahlem worthwhile. This is a once in a lifetime opportunity.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? Single Airmen should be allowed to share base housing for more living space.

Wing lauds fourth quarter winners

Staff reports

The 52nd Fighter Wing recognizes the following individuals for their outstanding achievements in the fourth quarter of 2004.

Wing staff agencies

Airman: **Airman 1st Class Brooke Brannon**, 52nd FW Command Post; NCO: **Tech. Sgt. Brian O'Donoghue**, 52nd FW CP; SNCO: **Master Sgt. Raul Cabral**, 52nd FW Plans and Programs; CGO: **Capt. Eric Merriam**, 52nd FW Judge Advocate Group; junior-level civilian: **Ursula Tolbert**, 52nd Comptroller Squadron; senior-level civilian: **Charles MacDonald**, 52nd FW JAG.

52nd Mission Support Group

Airman: **Senior Airman Amber Muniz**, 52nd Civil Engineer Squadron; NCO: **Staff Sgt. Barbara Schleppenbach**, 52nd Logistics Readiness Squadron; SNCO: **Master Sgt. Thomas Bathe**, 52nd CES; CGO: **Capt. Lisa Mabbutt**, 52nd CES; junior-level civilian: **Frank Weis**, 52nd CES; mid-level civilian: **Inge Lersch**, 52nd CES; senior-level civilian: **Charles Cyr**, 52nd CES.

52nd Maintenance Group

Airman: **Senior Airman Marcus Ruiz**, 52nd Equipment Maintenance Squadron; NCO: **Staff Sgt. Carla English**, 52nd EMS; SNCO: **Master Sgt. Scott Holland**, 52nd Component Maintenance Squadron; CGO: **2nd Lt. Brian Cooper**, 52nd Aircraft Maintenance Squadron; maintenance pro, Airman: **Senior Airman Robert Black**, 52nd CMS; maintenance pro, NCO: **Staff Sgt. Michael Abundis**, 52nd CMS; maintenance pro, SNCO: **Senior Master Sgt. Ercilio R. Claxton Jr.**, 52nd AMXS; dedicated crew chief: **Staff Sgt. Daniel Kozlowski**, 52nd AMXS;

mid-level civilian: **Pacita Cayas**, 52nd Maintenance Operations Squadron.

52nd Operations Group

Airman: **Airman 1st Class John Castle**, 52nd Operations Support Squadron; NCO: **Staff Sgt. Jeremy Wade**, 23rd Fighter Squadron; SNCO: **Master Sgt. Michael Weisenberger**, 606th Air Control Squadron; instructor pilot: **Maj. Anthony Retka**, 22nd Fighter Squadron; flight lead: **Capt. Scott Morgan**, 81st Fighter Squadron; wingman: **1st Lt. Thomas Kanewske**, 81st FS; CGO: **Capt. Brett Rawald**, 22nd FS; flight commander: **Maj. Michael Young**, 81st FS; junior-level civilian: **Becky Madere**, 52nd Operations OSS; mid-level civilian: **Sue Panfil**, 52nd OG.

52nd Medical Group

Airman: **Airman 1st Class Katie Leiler**, 52nd Medical Operations Squadron; NCO: **Staff Sgt. Vanessa Evans**, 52nd Aerospace Medicine Squadron; SNCO: **Master Sgt. Matthew St. Pierre**, 52nd MDOS; CGO: **Capt. Jeffrey Autrey**, 52nd AMDS, health-care provider: **Maj. Heidi Kjos**, 52nd AMDS; junior-level civilian: **Ronda Morrison**, 52nd Medical Support Squadron; mid-level civilian: **Stefan Hildebrandt**, 52nd MDSS.

38th Munitions Maintenance Group

Airman: **Senior Airman Austin Murray**, 701st Munitions Maintenance Squadron, Kleine Brogel, Belgium; NCO: **Staff Sgt. Brandon Jacobson**, 702nd Munitions Support Squadron, Buechel, Germany; SNCO: **Senior Master Sgt. Brian McGarr**, 702nd MUNSS; CGO: **Capt. Jeffrey Brown**, 702nd MUNSS.

Eifel Salutes

52nd Mission Support Group

We have kudos to "spare" for **Tech. Sgt. Michael Luetkeman**, who expertly re-warehoused two F-16 readiness spares packages, eliminating five total pallet positions and significantly reducing the kit sizes. Sergeant

Luetkeman and **Airman 1st Class Joshua Long** also did an outstanding job updating and verifying their squadron member information in the Fitlinxx database.

52nd Maintenance Group

The **23rd Aircraft Maintenance Unit** has something to smile about since they won all events in the weapons load and driver competition for the fourth quarter. Speaking of which, get a load of **Staff Sgt. Adam Uptergrove** and **Airmen 1st Class Jason Mitchell** and **Josh Shively** who packed a punch in the competition. Here comes the "Jammer!" ... **Airman 1st Class Richard Bates** was the jammer driver of the quarter in the competition and set a new course record. With her expansive knowledge of "networking" you'd think **Senior Airman Ashley Waldrup** was a Hollywood movie mogul. Instead she's an information manager who was able -- in just three days -- to locate and procure 10 new computer systems to be used throughout the propulsion flight. These career development course superstars earned some well-deserved day passes for their 90 percent and above scores on their CDC examinations: **Airman Vaughn Reynolds**, 91; **Airmen 1st Class Richard Bates**, 92; **Kerry Downey**, 90; **Crystal Ellwood**, 91; **Thomas Hribar**, 92; **Dustin Johnson**, 90; **Garrett McAles**, 91; **Benjamin Welicka**, 91; and **Senior Airmen Matthew Ackerman**, 97; **Kevin Fouty**, 90;



Jonathan Young, 96; and **Staff Sgt. Martin Noel**, 90.

52nd Operations Group

This Lyons was the "king" when it came to top honors at a squadron weapons school ... **Capt.**

Dave Lyons returned from a six-month temporary duty assignment at Nellis, Air Force Base, Nevada, as the top graduate in the F-16 squadron. He now provides his F-16 employment knowledge to all Saber lieutenant F-16 pilots here.

52nd Medical Group

Crouching tiger, saluted Airman ... **Airman 1st Class Pat Thongchanh** received a letter of appreciation from the Defense Intelligence Agency for his translation work during Operation Dragon Eye. Airman Thongchanh was assigned to temporary duty with the DIA translating Thai documents for an ongoing investigation. **Staff Sgt. Arthur Davis** and **Senior Airman Susan Davis** were recognized for their picture-perfect efforts during National Diagnostic Imaging Week. **Maj. Amie Daryanani**, **Capt. Joel Shulkin** and **Laura Butler** and **Nikkiann Economos** worked "out of Africa" to extensively evaluate a child who recently traveled here from the Mozambique embassy. **Cindy Davis** and **Holly Jo Carpenter** provided exceptional customer service to 52nd Aerospace Medicine Squadron customers. Three "cheers" for **Airmen 1st Class Alisha Noah** and **Whitney Ledgerwood**, who went above and beyond with their work in Combat Cheer.

Kudos to all; Team Eifel salutes you!
 (Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Senior Airman Amaani Lyle

Top Saber Team

Unit Name: 52nd Maintenance Operations Squadron Engine Management Section
Unit Responsibilities: The section directs, controls, plans and organizes all scheduled engine maintenance activities for aircraft engines valued at about \$300 million. The team coordinates with air logistics centers, U.S. Air Forces in Europe headquarters, three fighter squadrons, the propulsion flight, and General Electric on engine maintenance issues.
Number of members: Eight (not shown were: Staff Sgt. Amy Miller and Senior Airman Maria Briones)

How does the team fit into the 52nd Fighter Wing's mission? The team maintains documentation on aircraft engines assigned to and maintained by the 52nd FW. This includes forecasting and coordinating all scheduled and unscheduled aircraft engine maintenance performed by the 52nd Component Maintenance Squadron propulsion flight and the 52nd Aircraft Maintenance Squadron's three aircraft maintenance units. The team maintains data from every flight and test run on each engine to monitor performance, analyze problems, and predict failure which enables prevention of potentially catastrophic engine failure. The Sabers also process engine shipments and supply issue requests for engine parts. These actions allow the maintainers to focus on direct maintenance while ensuring comprehensive documentation is accomplished on this complex system.

Team's other contributions throughout the year: The section ensured timely overhaul of 80 aircraft engines resulting in 68 combat ready aircraft. Their diligence enabled the wing to support Operation Enduring Freedom combat missions. The team also initiated and organized refurbishment of the squadron booth. Their efforts were instrumental in raising about \$1,500 for squadron funds while supporting several morale-boosting functions.

National nurse anesthetist week kicks off Sunday; Sabers take care of each other, one step at a time

Story and photo by Airman 1st Class Eydie Sakura
52nd Fighter Wing Public Affairs Office

Whether administering epidurals for women in labor; giving patients minor sedation in the emergency room; or watching over their patients in the operating room, Certified Registered Nurse Anesthetists, or CRNAs, have been working with surgeons, dentists and podiatrists for nearly 150 years to deliver safe anesthesia care.

National Nurse Anesthetist Week kicks off Sunday and goes through Jan. 29. The week honors CRNAs and educates people on the importance of their work.

"Most people don't understand what a nurse anesthetist does and they think we just put people to sleep for surgery," said Lt. Col. Mike Bagwell, 52nd Medical Operations Squadron surgical services flight commander. "We actually do thorough pre- and post-surgery assessments of each patient because we are responsible for that patient while they are in the operating and recovery rooms."

This type of care ensures the patients have been properly prepared for surgery from a medical standpoint, as well as an emotional standpoint.

"Sometimes we have patients who are very frightened of their surgery and we try to help them relax," Colonel Bagwell said. "We all understand that surgery is not something most people look forward to, so we try and make it as pleasant as possible. Relaxing a patient can be as simple as talking with them or making a few jokes."

Having a good bedside manner goes hand in hand with the educational and training aspects of the job.

"There are approximately 90 accredited graduate programs offering a master's degree in anesthesia to nurses, and admission requires a bachelor's degree in nursing, a registered nursing license and a minimum of one year of acute care nursing experience," said Maj. Susan Perry, 52nd

MDOS, anesthesia element chief. "The curriculum covers advanced anatomy, physiology, pathophysiology, biochemistry, physics, advanced pharmacology and principles of anesthesia practice."

Nursing qualifications have changed steadily over the past century. The years of education and training perpetuate its long history.

Nurses have always been the backbone of anesthesia providers, and first provided anesthesia to wounded soldiers during the Civil War, Colonel Bagwell added.

Supporting contingency efforts today can be just as grueling work. When nurse anesthetists deploy, they are positioned in high chemical or biological threat areas; no longer are they deployed to the rear. Now they are much closer to the front where the fighting is.

"In the deployed operating room, we'll see patients who will die very rapidly if we aren't on top of our game. We must be mentally toughened and ready to face the demands of working with complex trauma patients for 16 to 30 hours straight," the colonel said. "These patients are Soldiers who go out and lay their lives on the line, so I don't think it's too much to give our all with our efforts."

Giving 100 percent is all in a day's work for the CRNAs at Spangdahlem Air Base.

"We have a superb group of anesthesia providers here because they provide quality care that is as good, or better, than any civilian or military hospital that I have worked at," said Maj. James Froelich, 52nd MDOS general surgeon. "Nurse anesthetists are invaluable to the world of surgery, and they perform the same function as an anesthesiologist during routine operations. I actually prefer to have nurse anesthetists do the anesthesia in certain types of cases, because they are better than some, if not most, anesthesia doctors in giving conscious sedation."



Lt. Col. Mike Bagwell, 52nd Medical Support Squadron surgical services flight commander, refills the machine with anesthesia gas that is used to keep the patient asleep for surgery. It is a liquid, but as the air and oxygen pass over it, the liquid gives off vapor (anesthesia gas) and the vapor is what keeps patients asleep.

National Nurse Anesthetist Week runs Sunday through Jan. 29. The team at Spangdahlem AB includes Lt. Col. Mike Bagwell, Maj. Susan Perry and Maj. Ritchie Grissett.

German post office closes on base; Sabers advised to visit Bitburg city facility for postal, bill paying needs

By Iris Reiff
52nd Fighter Wing Public Affairs Office

Due to budget constraints by the Deutsche Post AG, formerly Deutsche Bundespost, the German post office at Spangdahlem Air Base ceased operation here Dec. 24.

With the loss of the German postal service here, wing members

have asked where they can now mail or receive German letters or packages, and how to establish phone service or where to pay their phone bills.

According to a previous post office employee, Wolfgang Duslewski, people should not worry.

Mr. Duslewski, and other mem-

bers of an English-speaking team were transferred from the base to the nearby Bitburg post office. There, they can continue to assist Americans with their postal needs.

"We are looking forward to serving our Spangdahlem customers there and we will gladly assist people with our products," Mr. Duslewski wrote in a note Dec. 24. The Deutsche Post operated here for more than 50 years.

"As before, there will be no deposit when requesting initial Telecom service, and bills can be paid through a German post office or any German bank," Mr. Duslewski said. "For no fee, people may receive translation help for important Telecom terminology at the Bitburg post office," he added.

The Bitburg post office is located on Hauptstrasse 3A, in the Bitburg pedestrian zone. It is open Monday through Friday from 8:30 a.m. to 6 p.m. The agency is located to the right when entering the pedestrian area, coming from the direction of Trierer Strasse or Coyote Café. From the Coyote Café, follow Trierer Strasse straight into the pedestrian zone. Immediately on your right, find the Bitburg post office.

Although the English-speaking team will help with language, peo-

ple may stop by any German post office or agency of their choice to take care of postal business.

Another option for base members to receive easy post service is by way of the postman who visits base offices daily. He sells stamps and mails packages upon request from the customers.

Besides Bitburg, the Wittlich post office and the Speicher post agency are also located close to the base.

The Wittlich office is located on Schlosstrasse 3 in the center of town. Business hours are Monday through Friday from 8:30 a.m. to 6 p.m., and Saturday from 8:30 a.m. to 1 p.m.

Speicher has a small agency located adjacent to the Berrens bakery, on Triererstrasse 2. It is open Monday through Friday from 9 a.m. to 6 p.m., and Saturday from 9 a.m. to noon.

While the Bitburg and Wittlich post offices are presently still under the Post AG, the Speicher agency runs under a private contract. Speicher offers most postal services, but no phone products.

The Wittlich and Bitburg offices also offer a selection of phones and other communication products.

A large number of post office branches located in the smaller com-

munities throughout the region were part of the recent draw-down by the Post AG.

Nearly 600 post offices in Germany and 124 in Rheinland-Pfalz are subject to close because they are not cost efficient. Like the Speicher agency, many of them will soon be under private contract.

People who do not have the time to drive to Bitburg, Wittlich or Speicher may call the national Telecom service number at 0800-330-1000 for general information. Dial 0721-99-03411 or 3412 for an English-speaking agent regarding specific questions about phone issues and bills. Call 0180-330-2202 for mobile phone questions.

T-Punkt stores, located in most cities, offer a large selection of phone and communication equipment including ISDN and DSL modems.

The Bitburg T-Punkt store is located on Trierer Strasse 36. The store is open Monday through Friday from 9 a.m. to 6 p.m., and Saturday from 9 a.m. to 1 p.m.

For additional questions about Deutsche Post AG services, call 0180-23333.



WHO'S YOUR WINGMAN?

THERE ARE SOME THINGS IN LIFE THAT JUST
WEREN'T MEANT TO BE HANDLED ALONE ...

IF YOU NEED A WINGMAN THE BASE CHAPLAIN,
THE LIFE SKILLS COUNSELORS, AND THE PEOPLE
AT 1-800-SUICIDE (784-2433) ARE READY TO HELP.

ONE SUICIDE IS ONE TOO MANY

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

■ DirectLine@spangdahlem.af.mil

■ Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126

■ To PA in building 23.

■ Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.



Col. Dave Goldfein

January Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	363	132	-5
23FS	314	111	-11
81FS	246	147	-10

*Delta is contract vs. sorties flown to date.

Through Jan. 12

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

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Advancement

Chief-select offers top enlisted insight

By Senior Master Sgt. James Route
52nd Civil Engineer Squadron

The Spangdahlem Air Base Chief's Group asked me if I would share my thoughts about being select-ed for advancement to chief master sergeant. With the 52nd Fighter Wing Chief's Induction Ceremony coming up on Saturday, I accepted.

First, I would like to thank a few people.

A huge thanks goes out to my dedicated and devoted troops who consistently provide high-quality service to the 52nd FW. Throughout the years, we have all benefited from their hard work.

Next, I'd like to thank my peers, friends and comrades who have helped me maintain balance and kept me focused.

I would also like to thank the 52nd Civil Engineer Squadron leaders who empower me and allow me to supervise, manage and lead the best way I know how.

My list of thanks would not be complete if I forgot my family -- Jaylan, Chauncy and my darling wife Kimberly -- whom I adore and admire tremendously. They've made huge sacrifices time and time again and their support has enabled me to achieve my goals.

Finally, and most importantly, I give thanks to our creator, for without Him nothing is possible.

It's been almost two months since Col. David



Goldfein, 52nd Fighter Wing commander, walked into the 52nd CES operations office and asked me what 500 meant to me. He then handed me a set of chief master sergeant stripes with my name on one and the number 500, my promotion line number, on the other.

At that moment, a series of emotions ranging from excitement to fear ran through me.

I'll explain the fear: I have decent military records, I studied extremely hard, and the promotion percentage rate to chief master sergeant was a few points higher than last year.

With these developments I knew my chances of being selected were just as good as the next person -- that's when fear settled in.

I'm comfortable, confident and sure of the abilities and capabilities associated with being a senior master sergeant and a superintendent. However, being a chief master sergeant in the Air Force carries far greater responsibilities. Airmen will look to me for leadership and will bring their issues and concerns to my attention -- expecting me to address and resolve the issues with speed and accuracy.

I realized those are huge expectations, and I didn't want to make any mistakes or disappoint these Airmen. I discussed these concerns with a chief in the wing.

The chief smiled and said, "Jim we've all had those feelings. We've all made mistakes. That's why erasers are placed on the end of pencils." The

chief reminded me only God is perfect, and chiefs carry on and do what they can to inspire Airmen and instill confidence.

A chief master sergeant in the Air Force represents the virtues of personal integrity, honor, character, courage and leadership, to name only a few. I'm honored to think I will soon be a member of such a professional group.

There are more than 30 chiefs on Spangdahlem AB, and between them they have more than 700 years of Air Force experience. There are rumors that a few of these chiefs' service even dates back to the Vietnam era. Can you imagine the knowledge and experience this group of chiefs possesses?

I look forward to the day the first word of my Air Force rank changes -- for the third and final time in my Air Force career. I have come from being Airman Route and Sergeant Route. Soon I will be Chief Route.

I have only a little longer before my promotion day comes. Until then I will observe, participate, ask questions and learn from the leaders of the world's greatest aerospace force.

I'd like to close by answering a question I'm asked almost every day. How does an Airman make chief? There's no secret. Study, study and more study. Make sure your military records accurately reflect your achievements, and posture yourself for awards by participating and getting involved.

I'm excited about my selection to chief master sergeant. My selection proves the system really does work.

Leisure

Services member provides 'view from Eifel;' describes history, amenities on, around base

By Joni Stevens
52nd Services Squadron Marketing Office

For many, the word "Eifel" tends to conjure up visions of a French engineering marvel with criss-crossing steel beams shooting straight up through the clouds and dominating the Paris skyline -- that is a different Eiffel.

While only a mere three hours away from Paris, our Eifel is one of the best kept secrets in Europe. A diamond in the rough, the Eifel area is a mountainous region, the remnants of a long-dormant chain of volcanoes. Dotted the hillsides are quaint German towns with half-timbered houses that seemingly appear from nowhere as one travels through the countryside, as in a Brothers Grimm fairytale come to life.

It's within this enchanting picture that thousands of Air Force military and civilian personnel and their families live and work. Home to Spangdahlem Air Base, the Eifel region is strategically located in the heart of Western Europe, just within the German border and within easy driving distance of the Netherlands, Belgium, Luxembourg and France. Many of Europe's most important cities such as Paris, London, Frankfurt, Brussels, Amsterdam and Luxembourg City are, at most, only a couple hours away,

making day and weekend trips an affordable and accessible option for many. Even within Germany, it's only a couple hours drive to experience the charm of the Black Forest, the mystery of many castle ruins and the varied wines from the undulating vineyards of the Rhine and Mosel River valleys.

The Eifel region itself is steeped in history dating back to Roman times, and the remnants and markers of more current historical events such as the Battle of Verdun and the Battle of the Bulge during World Wars I and II, respectively.

The area boasts endless acres of wilderness for exploration and adventure; one-of-a-kind semi-precious stone mines at Idar-Oberstein, river cruises along the historic Rhine and Mosel Rivers, magnificent centuries-old monasteries such as the Himmerod Monastery and some of the oldest pottery factories in Germany are located right in the towns of Speicher and Altscheid. It's also home to the famous Bitburger Brewery and shares close proximity to major German cities such as Cologne, with the historic spires of its world-famous Gothic cathedral, Trier; the oldest city in Germany; and Bonn, the former capital of West Germany.

Spangdahlem Sabers can also enjoy attractions and amenities right here at the wing. Our lodging

facility, Information, Tickets and Travel, outdoor recreation programs, child development center and fitness centers all received U.S. Air Forces in Europe or Air Force-level recognition for excellence in recent years. Even more exciting is the opening of the new Club Eifel, which offers more room and comfortable seating for informal and formal dining, high-tech audio and visual equipment, gaming, and impeccable service.

With so many choices and our centralized location, Spangdahlem AB has become not only one of the most desired base assignments, but has become one of the hottest destinations in Europe. So what are you waiting for? Discover the heart of Europe and come check out the view from the Eifel!

Check out the Eifel!

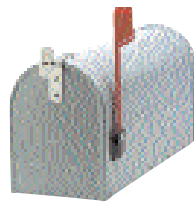
Call the following facilities for details about wing services and amenities:

Eifel Arms Inn Lodging -- 452-0500
Information, Tickets and Travel -- 452-6567
Outdoor recreation -- 452-7176.



Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



TIB auditions

Try out for the *Tops in Blue* cast at their base-level auditions Tuesday in the Brick House. Auditions are open to all Air Force active-duty military members. Air Force Entertainment is looking for talented entertainers, technicians, vehicle operators and staff personnel. For more information, call 452-7381 or stop by building 124 and pick up the application packet.

ECC news

♦ The Eifel Community Center and the ACT Eifel community theater group present the production of "Mrs. Wiggs of the Cabbage Patch." Performances at the Bitburg High School cafeteria are scheduled for today and Saturday at 7 p.m. and Sunday at 2 p.m. The cost is \$5 per family, \$3 per adult or \$2 per child age 12 and younger. For more information or ticket purchase, visit the ECC or call 452-7381.

♦ Sign up from Tuesday through Jan. 31 for the 2004 Base Youth Talent Contest. Contestants can showcase their talents at this variety show to be held March 12 at 7 p.m. Contestants will be evaluated by a panel of three judges with divisions for vocals, instrumentals, performing arts and best of show. The showcase can include everything from instrumentals and vocals to dance and specialty talents. Winners will go on to compete in the USAFE regional level contest to also be held at Spangdahlem AB. The contest is open to all authorized services users between the ages of 6 and 18. For more information, call the ECC at 452-7381.

Children's winter party

Families assigned to the 52nd Security Forces Squadron are invited to bring their children to a winter wonderland party Jan. 29 from 2 to 4 p.m. in building 2011, the 52nd SFS training room. For details, call Kristy Turner at 06561-946227.

Live music

Check out free, live rock music from the band, "Cull Brew," Jan. 29 at 9:30 p.m. at the Brick House. For more information, call 452-7381.

Conversational German

The 52nd Services Squadron Eifel



Kornelia Pitsch

Heads up

Col. Dave Goldfein, 52nd Fighter Wing commander, visits children and lets them try on a fighter pilot's helmet at "Haus St. Anton," an orphanage and home for young mothers and small children Thursday in Wittlich-Plein. The commander was part of a group of city officials from Wittlich who presented the orphanage money raised Nov. 27 at the Wittlich Christmas Market. The city raised more than 1,000 euro from the creation of the world's largest gingerbread man, or "Christmas Man," which was measured for the Guinness Book of World Records.

Libraries host a basic German course each Thursday from 4-5 p.m., starting Feb. 3. This 4-week course is free, but limited to 10 people. For details or to sign up, call the library at 452-6203 or 06565-61-6203.

Youth drama production

The Spangdahlem Elementary and Middle School drama clubs present "Once On This Island, Junior." The play takes place Feb. 11-12 at 7 p.m. in the SES multi-purpose room. For more information, e-mail Judy Harvin at judy.harvin@ed.dodea.edu or call her at 452-6881.

Babysitter class

The American Red Cross offers a babysitting class Feb. 12 from 8 a.m. to 4:40 p.m. at the Bitburg Annex, building 2001, room 346. For more information, call 452-9440 or 06565-61-9440.

Bank news

♦ Service Credit Union members and non-members alike may make tsunami relief donations at local SCU branches or online at www.servicecu.org. A total of all contributions made through Feb. 28 will be matched by the credit union, up to \$50,000. Donations must be sent to Service Credit Union to benefit from the matching program, and all contributions will be made to AmeriCares at www.americares.org. For more information, call SCU at 452-7378.

♦ SCU now provides daily accommodation and re-conversion euro exchange rates by email. This service is free to members and non-members. To sign up for this service visit SCU's euro rate watcher at www.servicecu.org. The rates are also available on SCU'S 24-hour line at 0800-732-8847. For more information, contact the local SCU branch or call 0800-4728-2000.

Chapel Services

Chapel news

- ♦ The 52nd Fighter wing chaplain service invites people to an Alpha meeting, where people are given an opportunity to explore the meaning of life through a non-religious, non-threatening course. It takes place Tuesday from 6-9 p.m. at the Spangdahlem AB Coffee Mill, building 139. Singles and couples from all faiths or walks of life are encouraged to attend. For more information, call Chaplain (Maj.) Dennis Saucier at 452-6711 or 452-6281.
- ♦ The chaplain service offers single and unaccompanied military members a free, home-cooked meal Thursday from 5 to 6:30 p.m. A Spangdahlem AB girl scout troop will arrange an Italian meal.
- ♦ A National Prayer Luncheon takes place Feb. 4 at 11:30 a.m. at the new Club Eifel, building 500. The guest speaker will be Chaplain (Col.) Stephen Frick, USAFE headquarters command chaplain. Tickets are \$6 for an Italian buffet and are available from Tier Two, first sergeants or Spangdahlem AB chaplain service personnel.



Ash Wednesday Worship

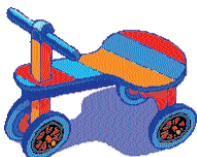
- ♦ Catholic Ash Wednesday Masses: Spangdahlem AB chapel, Feb. 9 at 11:45 a.m.; the Bitburg Annex chapel, Feb. 9 at 6 p.m.
- ♦ Protestant Ash Wednesday Service: Bitburg Annex chapel, Feb. 9 at noon; the Spangdahlem AB chapel, Feb. 9 at 5 p.m. If people are unable to attend, they should call Chaplain (Capt.) Hyral Walker at 452-6711 or 452-6281, to arrange an appointment for the Ash Wednesday mobile wagon to visit your work station.



Tradition. Value. Top-Notch Service.

Your *New Club Eifel*
Opening January 28 - 5 p.m.
Just some of the quality services you can expect...
J.R. Rockers Sports Café with amusement machines, HDTV's broadcasting the latest sports & food to please every appetite
High-tech Enlisted Lounge designed after the hottest stateside lounges & clubs
Avionic Officers' Lounge with fully-stocked, self-sustaining bar, crud area, HDTV's & gaming
Banquet Room to meet just about any need for your important squadron functions
Sit-down evening dining area with breathtaking views of the Eifel
Same great lunch buffets back by popular demand
Plus, Nitelife Entertainment DJs, Maria's Eifel Hair Salon, El Laedchen and Vegas-style slot room

Mark your calendars!



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

Movies

The following movie listings are for today through Jan. 27. Times and movies are subject to change. For the most current information, call 06565-61-9441 or 452-9441. Movie synopses are available at www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

National Treasure (PG, 7 p.m.)

A treasure hunter is in hot pursuit of a mythical treasure that has been passed down for centuries, while his employer-turned-enemy is on the same path.

Ocean's Twelve (PG-13, 10 p.m.)

Danny Ocean and his crew, having successfully stolen \$150 million from Las Vegas casinos in the first film, jet to Europe with three new heists planned, including swiping Rembrandt's Nightwatch from a gallery in Amsterdam.

Saturday

Ocean's Twelve (7 p.m.)

Seed of Chucky (10 p.m.)

Glen is the orphan doll, offspring of the irrepressible devilish-doll-come-to-life Chucky and his equally twisted bride Tiffany. When production starts on the movie detailing the urban legend of his parents' lethal exploits, Glen heads for Hollywood where he brings his bloodthirsty parents back from the dead.

Sunday

The SpongeBob SquarePants Movie (PG, 4 p.m.)

SpongeBob SquarePants leaves Bikini Bottom in order to track down King Neptune's stolen crown.

Lemony Snicket's A Series of Unfortunate Events (PG, 7 p.m.)

The wealthy parents of three children are killed in a fire. When the children are sent to a distant relative, they find out that he is plotting to kill them and seize their fortune.

Monday

The SpongeBob SquarePants Movie (7 p.m.)

Tuesday

Ocean's Twelve (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

The Polar Express (G, 7 p.m.)

A conductor invites a boy to visit the North Pole with other pajama-clad children.

Closer (R, 9 p.m.)

This story of passion, drama, love and abandonment involves two couples whose relationships get more complicated when the man from the first couple gets acquainted with the woman from the second couple.

Saturday

The Polar Express (4 p.m.)

After the Sunset (PG-13, 7 p.m.)

A master thief achieves his last big score, and an FBI agent promises to capture him.

Sunday

Saw (R, 7 p.m.)

With a dead body lying between them, two men wake up in the secure lair of a serial killer who has been nicknamed, "Jigsaw" by the police because of his unusual calling card.

Closed Monday and Tuesday

Wednesday

Closer (7 p.m.)

Thursday

Seed of Chucky (R, 7 p.m.)

Germany's silly season blooms in February as Fasching begins

Story and photos by Iris Reiff
52nd Fighter Wing Public Affairs Office

What's Germany's biggest bash? Most people would probably say Munich's Oktoberfest. Wrong answer! There is one event which involves more celebrating and merrymaking than ever seen in Germany. It is Fasching, or Germany's version of Mardi Gras, celebrated Feb. 3-8 this year.

During Fasching or Fastnacht, often referred to as Germany's Foolish or Silly Season, thousands of clubs are hosting costume balls, dances and Sitzungen, or sessions, with all events starting off at 11 minutes past the 11th hour.

Fasching is observed differently depending on which part of the country you are in. However, there is no doubt that the most popular celebrations occur in the Rhineland, very close to Spangdahlem Air Base. These celebrations begin on Fat Thursday (Feb. 3) with Weiberfastnacht, or Ladies Fasching.

This day is devoted to the ladies in Germany. The women dress up in colorful costumes, often as Moehnen or old ladies, and they walk from door to door pulling jokes on people, especially local politicians. The Fasching fools like to paint peoples' faces and offer them a drink for a small fee.

In many towns such as Bitburg, Wittlich and Speicher, it is a tradition for the ladies to "capture" the local Rathaus or city hall and take over the city key from the mayor. This always happens at 11:11 a.m. Often the intruders will set up



Trombone players, who are just clowning around, set the mood at a local Fasching festival -- Germany's version of a New Orleans Mardi Gras.



Ladies Fasching begins Feb. 3 on Fat Thursday in the Rhineland area. Women from all the local towns dress up in various costumes and parade throughout the cities, knocking on peoples doors and playing jokes on them. The day is devoted to women throughout Germany.

a ladder and climb through the window into the Rathaus. This is a great spectacle, observed by local citizens who all have a good time. Once the ladies sieze the key they are in charge of the town for that day. Typically a band plays special Fasching music, and the women serve beverages and traditional Fasching treats.

On Fat Thursday it is customary for the ladies to walk around and cut off men's ties with scissors. The safest thing is probably to not wear one that day.

A third tradition includes local children standing in the streets of the villages, stopping cars. They pretend they will not move unless you stop and pay them a small toll.

Although it is not required to pay the fee it is recommended to slow down and be very careful when driving around the youth.

Fasching celebrations attracting the most attention and the greatest number of visitors are the parties along the Rhine in Mainz, Cologne and Duesseldorf. Over the years these events have become an important economic factor for the region since the fancy parades and balls cost millions of euro.

Although almost every village in Germany, regardless of size, will conduct a Fasching parade Feb. 6-7, the

most famous German parades are on Rose Monday (Feb. 7) in the cities of Cologne, Mainz and Duesseldorf, in most cities along the Rhine river, as well as in Aachen and Munich. Here people can find typical big city events and spectacular shows. Thousands of observers stand in the streets, cheering, singing and dancing. In addition, millions of people watch the parades on television. Children bring bags along to collect the candies and sweets that the Fasching fools hand out or throw into the crowd.

People will participate in Fasching and masquerade balls between now and Ash Wednesday, at either local guest-houses or a public spot in town. Everyone can dress up and join in the fun. Typically at masquerade balls prizes are given away to the nicest costumes or best ideas, if contestants wear a mask between 9:30 p.m. and midnight.

The good times will finally come to an end around midnight Tuesday (Feb. 8) the night before Ash Wednesday and the start of Lent.

Consumption of alcohol is involved with Fasching, and police controls will be enforced throughout the entire Fasching season.

In order to stay out of trouble, people must arrange for transportation after consuming alcohol at a celebration.



Out and About



(Editor's note: For tickets to any of the below events, contact the Trierischer Volksfreund Press Center ticket hotline at 0651-7199-996).

♦ Fasching masquerade balls and celebrations take place **now** until **Feb. 7** throughout Germany. Fasching really gets going **Feb. 3**.

♦ Listen to big band music by the Glenn Miller Orchestra **Sunday** at 8 p.m. at the Luxembourg-City Conservatoire de Musique.

♦ Shop at flea markets **Sunday** in front of the Bitburg RUW auction hall; in front of the Wittlich Berufsbildende Schulen school; in front of the Koblenz C-GRO Markt; at the Koblenz

Messehalle hall; at the Saarbruecken Saarmesse hall 7 and inside and outside the Kaiserslautern Messhall hall.

♦ Equi Magic-Magie features a splendid horse show performance **Jan. 29** at 8 p.m. at the Trier Arena.

♦ Reserve tickets now for the famous "Holiday on Ice Dream Tour," **Feb. 3-6** at the Trier Arena.

♦ Reserve your tickets now to the Magic of the Dance show **Feb. 19** at 8 p.m. in the Saarbruecken Saarland hall.

♦ Reserve tickets to Michael Flatley's original "Lord of the Dance" show **April 5** in Essen or **April 6** in Frankfurt. Call 01805-570 000 for tickets.

♦ See R.E.M. live in concert, plus special guests, The Thrills, **Feb. 4** at the Oberhausen Arena or **June 28** in Bonn. Call 01805-570 000 for tickets.

♦ Plan to attend this year's Rock am Ring concert **June 3-5** at the famous Rock am Ring race track. On schedule are R.E.M., Iron Maiden, Green Day, Incubus, The Prodigy, Him, Apocalyptica, The Hives, Fettes Brot, The Chemical Brothers and others. To reserve tickets, call 0180-55 70 000. For tickets via mail, call 0180-53-52530. Tickets are 105 euro, including parking and camping.

HAWC shares tips for running

Staff reports

Training for the 1.5 mile run can be rewarding as people increase their endurance and are able to visualize themselves completing the run with a score they used to only dream about. As the test day approaches, however, there are a few other things that can enhance a run and help people succeed.

Rehearse the run

People should picture themselves at different stages, such as getting through a difficult mile, passing runners comfortably, finishing smooth and strong.

Change shoes

It may be obvious advice, but it bears repeating -- Reserve a pair of racing flats or lightweight trainers just for races. The advantage goes beyond the few ounces people can save in weight. Even if the physical advantages are minimal, the psychological gain could be a real plus.

Do warm-ups

Many runners do not warm up hard enough or warm up at all. Try slow jogs and quick walks and move the upper body as well. Warm up for about five minutes before a stretch.

Run the course

Do warm-ups on the course itself, or jog the course a day or two before the physical training test if possible. Note the location of turns, hills and water stations. The familiarity will help people feel confident and can help improve their score.

Stretch properly

Hold stretches for 10-20 seconds and repeat them four to five times after a five minute warm-up, like fast walking or slow jogging. This will rive up the body and will get people into race mode easier.

Flip strategies

The old saying goes, "Start slowly and finish fast." Try once to turn that around and see if it works. In shorter races such as a 1.5 mile run, it just might. When people ease out, they might ease the entire run. When people begin fast, they can end up with a fast finish. People should practice this technique before the PT test. Practice what works best and find the appropriate stride.

Look up

When following another runner,

look at their shoulders and not their feet. It will be easier to maintain position, as the point of reference will not move. Run behind the runner and just off their shoulder, to avoid any potential tangles of feet and legs.

Relax facial muscles

Maintaining a cool, relaxed expression signals to the rest of the body that things are going smoothly. Relaxing key parts of the body -- particularly the facial muscles -- is important when people are digging deep. The energy spent on tensing those muscles will take energy from crucial running muscle groups.

Running is a motion that humans are built to do and it does not take any talent. It does, however, take a tailored program to do well and to progress without injury. Although running is a physical activity, it also takes a strong mental component to be successful. Keep training, stay committed, focused and positive. The result will be a successful race. For more information on fitness, call the health and wellness center at 452-9355.

(Courtesy of the HAWC)



Air Force Falcon gymnasts finish fourth at Rocky Mountain Open

U.S. AIR FORCE ACADEMY, Colo. -- The Air Force Academy men's gymnastics team opened the season with a fourth-place finish at the Rocky Mountain Open Jan. 14. In the annual event, Air Force totaled a team score of 184.700.

Top-ranked Oklahoma University won the event with a team score of 215.425, while the University of Nebraska finished second at 206.625. Arizona State University claimed third (193.325), while the University of Washington (184.625) and four members from the Olympic Training Center (119.300) finished fifth and sixth, respectively, behind Air Force.

Kent Reichle tied for 11th on the floor exercise at 8.550, while Kurt Antonio finished in a tie for 12th on the parallel bars at 8.100. Tyler Sickles had a strong 8.350 on the high bar in his collegiate debut.

Antonio also recorded the team's best marks on the pommel horse (6.550) and still rings (7.700). Edwin Berry tied with Antonio on the pommel horse (6.550) and posted the Falcons' best vault score with an 8.600. One of just two Falcons competing in the all-around, Antonio finished 10th with a combined score of 45.950. Eric Peele placed 12th in the all-around with a score of 44.450.

(Courtesy Air Force Print News Service)



Lady Barons challenge Bamberg Barons at home winning, losing

Staff reports

The Bitburg High School Lady Barons went head-to-head against the Bamberg, Germany, Barons during the first game here Jan. 14, trailing only by a few points. The Lady Barons struggled during the third quarter, but were unable to catch up at the fourth quarter. With all of their efforts exhausted, the Lady Barons lost 31-19.

The Lady Barons started off slowly during the first quarter of their second game against the Bamberg Barons Jan. 15, but kicked it into high gear after half-time, beating the Bamberg Barons 31-25. Sophomore Alexandra Bintz, daughter of Master Sgt. Mark Bintz, 52nd Maintenance Operation Squadron, scored 21 points and had 10 rebounds during the Jan. 15 game.

Scoreboard

The following are the latest scores from Jan. 13.

Intramural basketball

Team	W	Team	L
470 GK	57	52 SFS	47
470 GK	65	52 CS	61
52 EMS	73	52 CMS	33

The following are the latest scores from Jan. 18.

Over-30 basketball

Team	W	Team	L
52 SVS	50	52 LRS	39
52 CES	64	22 FS	30

The following is a list of the latest standings for the regular season of Over-30 basketball ending Jan. 19.

Team	W	L
52 CES	7	1
52 SVS	5	3
52 LRS	3	5
22 FS	0	8



Sports Briefs

Varsity volleyball

Practice for the varsity volleyball season starts Saturday and Sunday from 2-5 p.m. For more information, call Staff Sgt. Randy Wilhide at 452-7070.

Sports advisory meeting

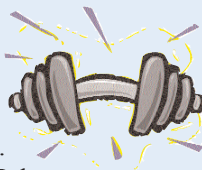
The quarterly sports advisory meeting takes place Wednesday at 2 p.m. in the fitness center conference room. The meeting allows attendees to discuss upcoming programs and various sports concerns Sabers have regarding squadron sports representatives. For details, call the fitness center at 452-6634 or 452-6251.

Little League board

The Eifel American Little League board holds its annual elections Jan. 28. Board positions available are: president, vice president, treasurer, secretary and player agent. People interested in becoming a board member should contact Tech. Sgt. Matthew Weeg at 452-6324 or Master Sgt. Daniel Kuchler at 452-7330.

Personal training

Take advantage of a special holiday offer in the Spangdahlem AB fitness center. Receive \$5 off each individual training session purchased during the month of January. For more information, call Nicole Holt at 0656396-2144 or e-mail her at dnh@usa.com.



Dodge ball challenge

Create a team and be a part of the dodge ball challenge Feb. 17 at 3 p.m. in the Skelton Memorial Fitness Center. Teams can be a male and female mix of eight people. For more information, call Airman 1st Class Erica Gonzalez-Arispe at 452-6634 or 452-6251.

Fit To Be Yourself

The health and wellness center offers a three-part, Fit To Be Yourself class Feb. 23, March 2 and March 9 at Spangdahlem AB, building 130, HAWC conference room. The class is designed for parents and children to instill the value of a healthier lifestyle at a younger age. The class will feature cooking demonstrations, healthy snack alternatives and fitness demonstrations geared toward school-age children. For more information, call Mandy Baerman at 452-6995.

Fitness certification classes

The Eifel fitness center offers three fitness certification classes and a perinatal workshop at the Skelton Memorial Fitness Center:

- Spinning certification, Feb. 26-27, from 9 a.m. to 6 p.m.; the registration deadline is Feb. 12, and the cost is \$350 per person.

- Primary group exercise certification, March 5 from 9 a.m. to 6 p.m.; the registration deadline is Feb. 15, and the cost is \$300 per person.

- Personal fitness trainer certification, April 15-17 from 9 a.m. to 6 p.m.; the registration deadline is March 15, and the cost is \$419 per person.

- Perinatal fitness workshop, May 6 from 9 a.m. to 6 p.m.; the cost is \$100 per person.

For more information, call De Shane Casillas or Staff Sgt. Ann Mitchell at 452-6496.

Wingman Wednesdays

Team Eifel members are invited to come in with their wingman each Wednesday for circuit training from 3:30-4:30 p.m. on the basketball court in the Skelton Memorial Fitness Center. For details, call 452-6634/6251.

Rome Marathon

Join the Spangdahlem Marathon Team and run 26.2 miles in the upcoming Rome Marathon March 13 in Rome, Italy. Participants must begin training now for the spring run. For more information, call Capt. Jose Rivera at 452-6266 or the fitness center at 452-6634.

Health and Wellness Center

important numbers and information

Tobacco Cessation coordinator, 452-9355
Exercise Physiology, 452-6995
Nutritionist, 452-9355
Fitness Center, 452-6496
52nd MDG appointment line, 452-8333
Commercial line, 06565-61-8333